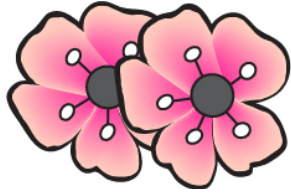


# Catawba Natural Healing

## **Consent for Naturopathic Health Coaching and Traditional Chinese Medicine Consultation/Treatment**

CONSENT FOR NATUROPATHIC HEALTH COACHING AND ACUPUNCTURE TREATMENT: Catawba Natural Healing LLC is an integrative clinic that includes a # of natural modalities. Your therapeutic services may include any or all of the following general modalities: East Asian medicine (TCM), Naturopathic health coaching recommendations. Dr Amy Lor is a licensed Naturopathic physician in the State of WA and a licensed Acupuncturist in the state of NC. She has completed graduate level training and national board certification. Physicians and practitioners at Catawba Natural Healing LLC may perform any of the following specific procedures as necessary (and allowed within their scope of practice) to facilitate assessment of condition, diagnosis, treatment, or otherwise address health concerns: I hereby authorize Amy Lor, ND, LAc to perform the following specific procedures as necessary to facilitate healing:

- general physical exams, neurological and musculoskeletal assessments.
- Botanical Herbs and Nutritional Supplements: the recommendation of herbal formulas & nutritional substances, including vitamins, minerals & micro and macronutrients. Recommending various substance including plant, mineral & animal materials. Substances may be given in the form of teas, pills, powders, tinctures (may contain alcohol); topical creams, pastes, plasters, washes; suppositories or other forms. Homeopathic remedies, often highly diluted quantities of naturally occurring substances, may also be used.
- Hydrotherapy which is the use of alternating hot & cold water treatments
- Electromagnetic & Thermal Therapies includes the use of ultrasound, low & high volt electrical muscle stimulation, transcutaneous electrical stimulation, microcurrent stimulation, infrared & ultraviolet therapies or moxa (warming or indirect burning of an acupuncture point & hydrotherapies).
- Acupuncture: insertion of special sterilized needles or lancets at specific points on the body.
- Bloodletting: The pricking of spider veins after the skin has been thoroughly cleaned
- Topical Treatments and Prepping: includes cupping – a technique using glass cups on the surface of the skin with usually a heat-created vacuum; & Gua Sha – rubbing on an area of the body with a blunt, round instrument.
- Exercise recommendations: including frequency, duration & type of physical activity.
- Nutritional recommendations: the use of diet plans, strategies & modifications, recipe recommendations & food allergy testing recommendations. The side effects may include: pain following treatment, minor bruising, skin discoloration, infection, needle sickness & broken needles. The patient must inform the practitioner if the patient has a severe bleeding disorder or pacemaker prior to any treatment. Risks and Benefits of Naturopathic /acupuncture



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Care: Potential Risks: While not common, harm can occur from any therapy. Some examples can include but are not limited to: Pain, discomfort, dizziness, nausea, blistering, discolorations, infection, or burns from topical procedures, heat or frictional therapies, electromagnetic & hydrotherapies; loss of consciousness or deep tissue injury from needle insertions or needle breakage; allergic reactions to prescribed herbs or supplements; soft tissue or bone injury from physical manipulations; & aggravation of pre-existing symptoms. In addition, the patient must inform the practitioner if the patient has a severe bleeding disorder or pacemaker prior to treatment. Potential benefits: Restoration of health and the body's maximal functional capacity, relief of pain & symptoms of disease, assistance in injury & disease recovery, and prevention of disease or its progression. Notice to Pregnant Women: All female patients must alert the practitioner if they know or suspect that they are pregnant, since some of the therapies used could present a risk to the pregnancy. Labor-stimulating techniques (including labor stimulating acupuncture points) or any labor-inducing substances will not be used unless the treatment is specifically for the encouragement of labor. A treatment intended to induce labor requires a letter from your treating provider authorizing or recommending such a treatment via Traditional Chinese Medicine. I, (or my authorized representative on my behalf), authorize Catawba Natural Healing LLC & their staff to conduct any of the methods, procedures & therapeutic approaches listed above. I understand that I may ask questions regarding my treatment before signing this form & that I am free to withdraw my consent & to discontinue participation in these procedures at any time. With this knowledge, I voluntarily consent to the above procedures, realizing that no guarantees have been given to me by Catawba Natural Healing LLC or its practitioners and staff regarding cure or improvement of my condition. I understand that a record will be kept of the health services provided to me. This record will be kept confidential and will not be released to others unless so directed by me or my representative or otherwise permitted or required by law. I understand that I have the right to review my record and obtain a copy of my record upon request & that obtaining a copy of my record may require payment of a fee.

As part of the services, Dr. Lor will review indications of your state of health and use them as a guide to address the cause of your health issues. Further, Dr. Lor may make recommendations on lifestyle modifications, diet, dietary supplements, or suggest naturopathic remedies to assist you in solving your health issues. Dr. Amy Lor is not licensed, certified, or registered as a "naturopathic provider" in the state of North Carolina. Further, any food or dietary supplements being recommended are not medically prescribed drugs. I understand this disclaimer in its entirety, been allowed to ask any questions.